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SHE Talks Health

Helping Women Reclaim Their Health



Sophie Shepherd, FDN-P, INHC

SHE Talks Health New Shows Weekly

SHE Talks Health is for women interested in wellness and, more specifically, in women's health. We aim to finally give you clarity around the widespread health issues plaguing women today, from the rise in infertility to epidemically high numbers of chronic illness like endometriosis and Hashimoto's to the intricates of the female libido, hormonal fluctuations, the birth control pill and regaining optimal mental health for women.

SHE Talks Health helps women reclaim their health through learning practical nutrition and holistic lifestyle changes. The show also empowers women by educat

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